



GUIDED MINDFULNESS

Be Here. Notice. Accept. Choose.



Guided Mindfulness means bringing your attention to the present moment on purpose, noticing what is happening, labeling it, and responding with kindness—not reacting. When we practice, we build awareness, calm our nervous system, and make choices that support our well-being.

Name: _____

Date: _____

Today I want to feel: _____



THE 3 STEPS OF GUIDED MINDFULNESS

1 Notice

Intentionally observe what is happening right now.



What did I notice?

2 Label

Name what you notice (Thoughts, feelings, body sensations, environment).



What did I label?

3 Accept & Respond

Accept this moment as it is. Choose how to respond in a way that supports me.



How will I respond with awareness?

WHY MINDFULNESS HELPS

- ★ Helps me feel calmer and more focused
- ★ Supports emotional regulation
- ★ Reduces stress and worry
- ★ Helps me make thoughtful choices
- ★ Increases self-awareness and self-compassion
- ★ Helps me feel connected and present



5-4-3-2-1 GROUNDING EXERCISE

Use your senses to bring your attention to the present moment. Circle or write what you notice.

- 5 things I see _____
- 4 things I feel (touch) _____
- 3 things I hear _____
- 2 things I smell _____
- 1 thing I taste _____

Take a deep breath. Notice how your body feels right now.



MINDFUL BODY SCAN

Close your eyes or soften your gaze. Take a slow breath in... and out. Bring your attention to each part of your body. Notice any sensations without judgement. Label them: tight, warm, cool, relaxed, tingly, etc.

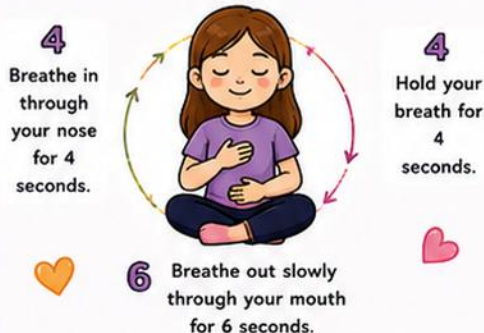


What did I notice in my body?

MINDFUL BREATHING

Focus on your breath to come back to the here and now.

Try this 4-4-6 Breath:



How do I feel after breathing?

MY MINDFUL MOMENT

- Where was I? _____
- What was I doing? _____
- What did I notice? _____
- What did I feel? _____
- How did I respond mindfully? _____
- What helped me? _____

Draw or write about my mindful moment.



REFLECTION & INTENTION

- What went well today when I practiced mindfulness? _____
- What was challenging? _____
- What is one intention I have for tomorrow? _____

I am growing. I am learning. I am enough.



Mindfulness is not about being perfect. It's about being present with kindness.

